



ROLL UP YOUR SLEEVE

Arm Yourself Against the Flu!

How will I know if I have the seasonal flu or novel H1N1 virus (H1N1)?

The symptoms are the same. The best thing to do is arm yourself with knowledge and take action to avoid getting or spreading the flu viruses.

Remember...

Precautions everyone can take now are as simple as ABC:

A: Act to protect yourself by washing your hands regularly to diminish virus transmission. Use warm soapy water or alcohol based hand sanitizers. Also protect yourself by getting the seasonal flu shot this fall.

B: Be considerate. With a tissue or your shirt sleeve, cover your mouth when you cough and your nose when you sneeze. If you or your child become ill, remain home, feel better, and avoid spreading the illness to others.

C: Connect with your choice of trusted health information and keep up to date with information and recommendations about the new novel H1N1 vaccine.

Seasonal Flu Virus

Symptoms

- ☐ Fever
- ☐ Sore throat
- ☐ Muscle aches
- ☐ Cough
- ☐ Runny nose
- ☐ Extreme fatigue

How is it spread?

Typically it spreads from person to person when and infected person coughs or sneezes. People also become infected when the virus gets on their hands and they rub their eyes or nose.

Who is at risk for seasonal flu?

Anyone can get the seasonal flu virus.

Who should get the seasonal flu vaccine?

- ☐ High risk groups
 - Children 6 months to 19 years of age
 - People 50 years and older
 - People with chronic diseases such as diabetes or asthma
 - People living in nursing homes or long-term care homes
 - Women who are pregnant
 - Health care providers
 - People living with anyone in a high risk group

Typical flu season:

From October through May

Novel H1N1 Virus

Symptoms

- ☐ Fever
- ☐ Sore throat
- ☐ Muscle aches
- ☐ Cough
- ☐ Runny nose
- ☐ Extreme fatigue

How is it spread?

Typically it spreads from person to person when and infected person coughs or sneezes. People also become infected when the virus gets on their hands and they rub their eyes or nose.

Who is at risk for novel H1N1 flu?

Anyone can get the novel H1N1 virus, however children and young adults seem to be at high risk.

Who should get the novel H1N1 vaccine?

- ☐ High risk groups
 - Children 6 months to 24 years of age
 - Women who are pregnant
 - People with chronic diseases such as diabetes or asthma
 - People caring for infants
 - Health care providers

Please note: The Georgia Division of Public Health continues to monitor novel H1N1 severity levels.